

TOOLBOX TALK

BACK SAFETY STARTS WITH YOU!

BACK INJURIES OFTEN OCCUR BECAUSE OF

- Using improper lifting techniques, such as lifting with the back and not the legs
- Lifting an object that is too heavy for the individual
- Twisting while lifting or carrying objects
- Repetitive lifting during a work task
- Sustained awkward body posture



WAYS TO PREVENT BACK INJURIES

1

Use manual handling aids such as a dolly, trolley, or if appropriately licensed, a forklift.



2

If your task requires you to lift without manual aids, set up the area to limit the amount of lifting.



3

Lift based on your physical conditioning.

Break down the load.

Ask for assistance

4

Keep the soles of your feet flat on the ground.

Bend with your knees

Keep your back straight

Keep the load close to the body.

5

Avoid any sudden movements or twisting while carrying a load.